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laps with a transmission time period of a second pilot burst from a second transmission source of the plurality of transmission sources;

receiving a connection request from an access terminal based on link conditions between the plurality of transmission sources and the access terminal, the connection request comprising a requested data rate for transmissions to the access terminal, the requested data rate representing a maximum data rate for the transmissions to the access terminal; and

transmitting user data to the access terminal at the requested data rate.

17. An access point comprising:

a processor; and

memory in electronic communication with the processor, 15 the memory having instructions stored thereon that when executed by the processor cause the processor to: generate a first pilot burst;

transmit the first pilot burst at predetermined time intervals during which no user data is transmitted by a 20 plurality of transmission sources including the access point, the transmission of the first pilot burst being synchronized with a common system time reference, and wherein a time period of the transmission of the first pilot burst at least partially overlaps with a transmission time period of a second pilot burst from a second transmission source of the plurality of transmission sources:

receive a connection request from an access terminal based on link conditions between the plurality of transmission sources and the access terminal, the connection request comprising a requested data rate for transmissions to the access terminal, the requested data rate representing a maximum data rate for the transmissions to the access point; and

transmit user data to the access terminal at the requested data rate.

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- 18. The access point of claim 17, wherein the access point comprises:
 - a Global Positioning System (GPS) receiver configured to receive and process one or more signals from a Global Positioning System (GPS) satellite constellation and to provide a signal indicative of the common system time reference using the one or more received signals.
- 19. The access point of claim 17, wherein the access point comprises:
 - a controller configured to receive the common system time reference and generate the first pilot burst.
- 20. The access point of claim 17, wherein the access point is configured to transmit the first pilot burst at or near a maximum transmit power level for the access point.
 - 21. An apparatus, comprising:

means for generating a first pilot burst;

means for transmitting the first pilot burst at predetermined time intervals during which no user data is transmitted by a plurality of transmission sources including the apparatus, the transmission of the first pilot burst being synchronized with a common system time reference, and wherein a time period of the transmission of the first pilot burst at least partially overlaps with a transmission time period of a second pilot burst from a second transmission source of the plurality of transmission sources;

means for receiving a connection request from an access terminal based on link conditions between the plurality of transmission sources and the access terminal, the connection request comprising a requested data rate for transmissions to the access terminal, the requested data rate representing a maximum data rate for the transmissions to the access terminal; and

means for transmitting user data to the access terminal at the requested data rate.

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